

Chapter 3:

The Magic of Forgiveness

To release your past traumas and step into your full potential, you must first learn to forgive yourself and others. As I mention in the previous chapter, many of us have allowed anger and resentment to build up for so long that we might even be oblivious to carrying it. Resentment rots us from the inside out, dominating our reality with negative energies that will never serve us. Dr. Nina Radcliff explains how resentment can weigh you down, causing serious health implications in the long run: “Resentment can weaken your immune system while increasing stress and anxiety and the risk of heart disease, hypertension, stroke, cancer, alcoholism, drug addiction, compulsive behavior, weight gain, mood swings, depression and burnout, and it’s been linked to a shortened lifespan. In close relationships, resentment destroys trust and intimacy, fuels power struggles or persistent passive aggression and eventually leads to contempt and detachment.”⁷

In my case, my previous relationships revealed so much unhealed pain and resentment. I remember that I would endlessly battle with my partners about the same things over and over again. It was as if I was copying and pasting the same relationships for years, bouncing between pushing my partners away and running from them in an exhausting loop on the road to nowhere. The penny dropped when I finally understood that the common denominator was me. The issue didn't span from my partners; it was clear this battle was one between me, myself, and I.

All the frustration, disappointment, pain, neglect, harm, abuse, and mistreatment I'd experienced and hadn't forgiven myself for resulted in a slow-rolling snowball that morphed into a negative emotional avalanche called resentment. I held that resentment inside of me, and the worst part was, I was projecting it onto the people closest to me. Untreated pain and downright rage toward myself and my father infected my romantic relationships. I'd attract partners who mirrored memories of my father, replaying his mistreatment of my mother in my reality. The only outlet I had for my pain landed me in horrible confrontations with my romantic partners. Looking back, it was my defense mechanism, an unconscious blurting out of everything I never got to say to my father. What's worse, I continuously added weight to my resentment for each partner for every behavior that was, in truth, a reflection of my father's.

I yo-yoed from fiancé to singleton, to being married, to being divorced. It took me years to be able to write this down

on paper and open up about it, with the hope that my story may keep you from making the same self-sabotaging mistakes over and over again. It's okay to release that pain you've been holding onto. It's okay to forgive yourself for everything you wish you'd done differently. It's okay to recognize that sometimes you've mistreated yourself and others. It is okay to admit you've been harmed, mistreated, neglected, or belittled. Surrendering to all those adversities will only make you stronger.

Some people's breakdowns end up being the very source of their breakthroughs, often sparked from a traumatic experience, just like I was during the most horrendous year of my life. Others might experience a life-changing epiphany during a moment of joy, euphoria, or what can only be described as pure bliss. Simply being here, reading this, proves you are ready to forgive yourself and others and move forward to manifest all you want in your life. This book in your hands is the sign that you're on the cusp of a breakthrough. Perhaps you're already living abundantly in one area of your life but lacking in another, feeling a niggles that something's still missing. Practice forgiveness, either for someone else or yourself.

Like the cycle of self-sabotage I had unconsciously fallen into with my relationships, destructive behavior has the potential to pop up in any area of your life. Learn to recognize when something's out of alignment—a codependent relationship, a self-sabotaging habit, vicious cycles—and evaluate what or who it is you need to forgive. Cast your mind back to your childhood, unpacking anything that could have planted that

seed of resentment. Whenever you get that negative feeling, pause, accept it, analyze it, and remind yourself that it doesn't have to be that way.

Lao Tzu said, "When the student is ready, the teacher will appear." Picking up this book was no coincidence; it's a clear sign you're ready to be guided through your pain and live the abundant life you desire. The exercises and methods I share in this book helped me during my own healing journey. They taught me to let go, forgive, and live a life free of pain, traumas, and resentment. Since I didn't have someone to guide me through those profoundly traumatic experiences, I wrote my own guidebook and propelled myself toward this quantum field of abundance, bliss, and harmony. Now, I want to share that with you.

Through deep meditation, self-hypnosis, and specific ancient breathing exercises (i.e., my MBS method), I was able to rewire my neural pathways to become empowered enough to own my identity, clearly define myself, and let go of my past. The first exercise I want to share with you is a mindful meditation, where you will be able to access your deepest emotions, thoughts, and beliefs. I will lay out each step for you, then you can close your eyes and continue on your own.

Read the following paragraphs, and then find the time and space to immerse yourself in what I'm sharing with you.

Get comfortable in this present moment. Take a seat or lie down on your back. Take a deep breath and focus only on your breathing for the next three minutes. Inhale for four

seconds, hold for six seconds, and exhale for eight seconds. Each breath should be deeper than the one before and should bring more oxygen to your lungs and your entire body. Feel your diaphragm expanding and contracting, controlling your exhale with each and every breath. Breathe deeply; elongate your exhalation.

As you start to practice this, your mind will start to quiet, your thoughts will dissolve, and your heart will soften. Allow relaxation to fully take over your body. Open the gate into your higher mind faculties to access pure knowledge and download any messages from your higher intelligence. We want to eradicate all the things holding you back from your destiny, all the things stopping you from stepping into fullness and greatness with power and ease.

With each inhale, feel love, gratitude, and excitement entering your being, and with each exhale, focus on letting go of anything no longer serving you. You are safe. It's all okay. It's just me and you now. Exhale, bringing to your mind all the pain, the resentment, the anger, the past. Imagine it physically leaving your body, perhaps in the form of thick black smoke. Keep repeating this. Inhale compassion; exhale pain. Inhale forgiveness and let go a little more with each exhale. With every breath, you allow yourself to dive a little deeper into your subconscious mind. If a thought arises, simply acknowledge it, smile, and let it go.

Now, invite into your mind someone or something that has hurt you. What do you feel? Continue breathing and decide

to forgive that person or that situation. Say, “I forgive you. I forgive you. I forgive you.” Keep breathing and tell them, “You no longer control me. The only one who has power over my life is me.” As you inhale, place one hand over your heart and one hand on your abdomen. Feel your body rise and fall. Now repeat, “I am grateful for you, and I send you love. I forgive you.” Breathe in love, compassion, and grace. Now, as you exhale, smile. Fully surrender to this moment and let go. Inhale the feeling of love. Let that spread around your entire body. Understand that even the most direct harm is not personal toward you. Remember that everything a person says and does is a direct reflection of who they are—not of who you are. Forgive them now and repeat, “I am grateful for you, and I send you love. I forgive you now.”

Imagine you are glowing with a bright light around you and extend those feelings as far as you can with your next exhale, illuminating the space you’re in right now, across your home, across the town, across the state, across the nation, across the world! When you glow, you light up the world around you.

As you learn to forgive everyone and yourself, you evolve into a forgiving person, a compassionate person, a person filled with love and light. It won’t just be an exercise you do; it will be who you are, the sheer makeup of your biology. By deciding to forgive today, you’re harnessing the frequency of love and gratitude that is your birthright. Today you are making a decision to forgive your past, forgive your parents, forgive the people who hurt you, and forgive yourself.

Now, come back to your breath and slowly open your eyes, with a gentle smile beaming all the way from your lower abdomen up through the top of your head.

Doing this exercise daily will help you release any negative energies holding you back. Through repetition, constantly reprogramming your mindset, you can change your beliefs about your past, learn to let go, and alter your destiny. It's almost as good as going back in time and altering the event itself. If you commit to doing this every day for the next thirty days, you will feel a huge shift in your life and visibly see a change in your outer reality. After just one session, you learn how to release years of pent-up, resentful feelings and forgive. You might already be starting to feel the effectiveness of the exercise. How great does it feel to forgive?

I wrote this section of the book really close to my birthday. Something I love doing when people ask me what I want for my birthday is telling them to write on a little piece of paper what they would like to bless me with, whether it be health, wealth, love, abundance, etc. I want to do this with you now. Write down on a piece of paper what it is you'd like to be blessed with in your life and carry it with you all day. Whenever you open it and read it, receive it as if you were given a gift, like your dream car, a pair of shoes, or a perfume from a dear friend. Feel and receive it as if what's written down is already yours! I also want to invite you to do this for others and light up their hearts. The Universe will pay you back for your kindness and selflessness. You can also gift yourself and those you love with some of my

guided meditations and more practical exercises by claiming your free gift at: www.natashagraziano.com/freegift.

When I experienced the most traumatic year of my life to date and realized I was in dire need of help, I started doing this practice every single day until I healed. In my first year of healing, I not only healed myself of my illness but I also made my first million dollars—in under one year of using these practices. I still use the MBS method every day; it's a habit now, and habits form who we are. In fact, science says that by the age of thirty-five, we are just a collation of all the habits we've formulated over the years, so choose wisely. Now you know how. Reading this book is step one. Anyone can change their life for the better and live abundantly simply by following the teachings and methods this book has to offer.

We are all a work in progress, constantly needing to forgive ourselves and others, continuously learning to be more compassionate to achieve our goals faster and easier. The moment you wake up tomorrow, I want you to try something new. Start by saying how grateful you are for each and every thing you have and are. Rejoice in how much you love everything in your life. Be grateful for your breath, your body, and your soul. Be grateful that you are a forgiving person. Give thanks for all the people who surround and uplift you every single day and for those who have taught you lessons that have helped you grow. Express gratitude for the comfort of your bed. Be grateful to have a home, for everything you own. Feel love rise within you and pour out of you as you do this.

When you wake up, place your hands on your heart and repeat the following words out loud:

I love my life.

I love my home.

I am safe.

I am happy.

This gratitude exercise is actually a great method for calming anxiety as well. You can repeat it anytime, anywhere, as often as you need to. I go deeper into this in another chapter, but for now, just focus on that mantra and continue repeating it every day during your mindful meditation or simply whenever you need to calm your body and mind, allowing yourself to forgive, let go, and open new channels for expansion.

Now that you've learned the tools to let go of the blockages you've been carrying around all these years, it's up to you to start applying them into every area of your life. I'm so proud of you. You've created the space to attract everything you need to become the new, vibrant you and achieve your goals faster.